

Forum:[Hack Forums](#)

Thread: [|| Frankie || How to get rid of acne \[THE REAL WAY\]](#)

FRANKIE - November 2, 2015, 8:40 am

Before you read, I used to work @ GNC, I know my shit.

Step 1

Go out and buy this.

These are vitamin E gel caps pills.

Step 2

Once you get them, take one out.

Step 3

and poke a hole with this or a bobby pin

Step 4

squeeze the gel out and apply to your face where needed. And leave for 30 mins

Step 5

Repeat step 1-4 once a day, every day for a month.

You are welcome.

Gem - November 2, 2015, 8:42 am

So you guarantee that I won't wake up with a fucked up face tomorrow?

fix ur sig no0b

EFFEN - November 2, 2015, 8:42 am

(Nov 2, 2015 09:40 AM)FRANKIE Wrote: [\[CITE\]](#)

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Step 5
Repeat step 1-4 once a day, every day for a month.

You are welcome.

actually heard that this works 100% one of my friends tried it and it worked and didnt really take very long. listen to OP

FRANKIE - November 2, 2015, 8:43 am

I have a new sig coming soon. Never going to be funny again

Dr. Fritz - November 2, 2015, 8:43 am

Probably gonna try this, do you put it all over your face or just on the pimples?

FRANKIE - November 2, 2015, 8:44 am

Just over whatever you want to get rid of.

Regulus - November 2, 2015, 8:45 am

Lol I don't know if I should try this. Can someone vouch for this?

FRANKIE - November 2, 2015, 8:45 am

I have tried this, I can vouch. Also had real life customers do this.

Gem - November 2, 2015, 8:46 am

After a month, how long would you be pimple-free?

EFFEN - November 2, 2015, 8:46 am

(Nov 2, 2015 09:45 AM)Regulus Wrote: [\[CITE\]](#) Lol I don't know if I should try this. Can someone vouch for this?
yes 100%

FRANKIE - November 2, 2015, 8:46 am

(Nov 2, 2015 09:46 AM)Epilepsy Wrote: [\[CITE\]](#) After a month, how long would you be pimple-free?
A long ass time, year or so, provided you arent eating out mens ass every 10 minutes.

Gem - November 2, 2015, 8:49 am

(Nov 2, 2015 09:46 AM)FRANKIE Wrote: [\[CITE\]](#) A long ass time, year or so, provided you arent eating out mens ass every 10 minutes.
don't invade my personal life with your questions

Sounds good, MIGHT try.

FRANKIE - November 2, 2015, 8:50 am

(Nov 2, 2015 09:49 AM)Epilepsy Wrote: [\[CITE\]](#) don't invade my personal life with your questions

Sounds good, MIGHT try.
Imao haha, I would never invade

Gem - November 2, 2015, 8:51 am

(Nov 2, 2015 09:50 AM)FRANKIE Wrote: [\[CITE\]](#) Imao haha, I would never invade
omg can u fix ur sig my eyes hurt

FRANKIE - November 2, 2015, 8:51 am

New one is being made right now. Few mins babe

h?ck?r - November 2, 2015, 8:52 am

Or just buy some minocycline and take it daily. That works great.

FRANKIE - November 3, 2015, 8:22 am

I should probably sticky this thread.

?lluminati - November 3, 2015, 11:37 am

This does work, vitamin E oil is amazing for clear and healthy skin.

FRANKIE - November 3, 2015, 1:12 pm

Honestly I have recommended this to a few people several months ago when I used to work at GNC and their skin now looks incredible

n1ghter - November 3, 2015, 1:13 pm

did not know this thanks frankie

Babz - November 3, 2015, 6:18 pm

Would you recommend this over solodyn? I don't have bad acne just a lot from sweating/having oily skin.

FRANKIE - November 6, 2015, 10:03 am

Changing your pillow case every day can actually improve acne cleanup as well.

Niko - November 6, 2015, 2:52 pm

Going to try this because why not... Will update!

FRANKIE - November 6, 2015, 3:16 pm

It will work but you have to give it at least a few weeks

DSSquad - November 6, 2015, 3:20 pm

(Nov 2, 2015 09:42 AM)Indiana Wrote: [\[CITE\]](#) actually heard that this works 100% one of my friends tried it and it worked and didnt really take very long. listen to OPVitamin E is godly. Listen to OP definitely.

FRANKIE - November 6, 2015, 10:27 pm

How did this guy get closed that quick

Sta.ze - November 7, 2015, 1:27 am

Is this just for white heads, or does it work with black heads as well?

eBookReviewer - November 7, 2015, 4:36 am

(Nov 7, 2015 02:27 AM)Issacx Wrote: [\[CITE\]](#) Is this just for white heads, or does it work with black heads as well?

Works for whitehats, blackhats and greyhats.

Tooth - November 7, 2015, 4:39 am

Do I put it over all my face or only at the " acne "?

FRANKIE - November 9, 2015, 6:49 pm

You put it on the spot that needs it.

zomgjulie - November 9, 2015, 7:08 pm

Here is a write up about it if anyone is interested in further reading:

<http://www.progressivehealth.com/acne-vitamin-e-oil.htm>

Also, I'd keep in mind that there are typically two types of Vitamin E -- one is natural where the other is synthetic.

There are 2 types of Vitamin E

1. NATURAL Vitamin E - D-Alpha Tocopheryl
2. SYNTHETIC Vitamin E - D1-Alpha Tocopheryl

I'd recommend sticking with the natural one because some people have found the other to increase breakouts.

Either way, just have patience. It won't heal right away and it could take months before seeing results just because it takes time for skin to heal.

FRANKIE - November 9, 2015, 7:09 pm

It does usually takes months but most of the time weeks will do

Syntact - November 10, 2015, 5:54 pm

Do you know if this works on blackheads around your nose area?

xkAAz - November 10, 2015, 5:58 pm

Would this help stop them from coming?

nicewallbang - November 10, 2015, 6:07 pm

never seen something so out of blue in my whole life, might try.

FRANKIE - November 10, 2015, 6:56 pm

It's not out of the blue, this has been on for a long time is just not something that's probably because the companies can make a lot more money off of the ignorance of the masses.

The Jacka - November 10, 2015, 6:58 pm

FRANKI3 Is a OG and the highest quality member on hf his words are gospel and hes probably a drug dealer

FRANKIE - November 10, 2015, 8:08 pm

(Nov 10, 2015 07:58 PM)J0e Blow Wrote: [\[CITE\]](#) FRANKI3 Is a OG and the highest quality member on hf his words are gospel and hes probably a drug dealer

Probably

Vip?r - November 10, 2015, 9:36 pm

(Nov 9, 2015 08:08 PM)zomgjulie Wrote: [\[CITE\]](#) Here is a write up about it if anyone is interested in further reading:

<http://www.progressivehealth.com/acne-vitamin-e-oil.htm>

I was about to post this after doing some research, I suggest you put this at the front op.

FRANKIE - November 10, 2015, 10:10 pm

Not going to change the OP at all.

Yous - November 12, 2015, 5:21 pm

Looks slightly different than your picture but I think it's a different branding.

Did a tab bit of research myself. No point in researching without taking action ?

Thanks for the share Frankie

*will update in a few weeks if you'd like me to

Bobby Trill - November 12, 2015, 5:22 pm

this seems pretty legit don't have acne but i'll recommend it to some people nice post dude

FRANKIE - November 12, 2015, 5:26 pm

Sounds good fellas, let me know how it goes.

GoofyGoober - November 12, 2015, 10:45 pm

This is really sticky stuff to get off your face after :(just started using this after I saw this post, hoping for the best of results.

FRANKIE - November 12, 2015, 10:46 pm

It's worth it just give it a few weeks mate

Tyler The Creator. - November 12, 2015, 10:49 pm

Inb4 Frankie is fucking up everyone's face :^)

Spoiler [\(Click to View\)](#) nah but for real I'm going to try this ill tell you guys if it works.

GoofyGoober - November 12, 2015, 10:49 pm

Alright man, I'm giving my heart and my soul into your hands, I'm trusting you with this lol

FRANKIE - November 12, 2015, 10:50 pm

I promise you it works, I do this myself and I worked with several customers that have been doing this over the period of time that I was working at [GNC].

SIM-1676753 - November 12, 2015, 10:55 pm

Will fish oil work instead of the Vitamin E oil?

FRANKIE - November 12, 2015, 10:56 pm

Fish oil will not work at all in anyway if applied to the skin.

GoofyGoober - November 13, 2015, 9:32 am

How do you wash it off after 30 mins because it doesn't easily come off

FRANKIE - November 13, 2015, 9:33 am

- 1: Warm water run over it a few seconds
- 2: any paper towel, lightly rub over it (2/3 times)
- 3: Should be good

Moeseph - November 13, 2015, 9:34 am

some1 please link thornz this thread

Serion - November 13, 2015, 9:35 am

(Nov 13, 2015 10:34 AM)Moeseph Wrote: [\[CITE\]](#) some1 please link thornz this thread me too right?

haydrazs - November 13, 2015, 9:36 am

(Nov 13, 2015 10:34 AM)Moeseph Wrote: [\[CITE\]](#) some1 please link thornz this thread Lmao somebody as beautiful as you should b a movie star :)

FRANKIE - November 13, 2015, 9:40 am

(Nov 13, 2015 10:34 AM)Moeseph Wrote: [\[CITE\]](#) some1 please link thornz this thread LMAO funniest shit I have read today mow

eightz - November 13, 2015, 9:45 am

Thanks for this, hopefully it works on my genital acne.

Does this work for in general just having a smooth face? I have clear skin with a few rough edges, a pimple here and there every few weeks.

FRANKIE - November 13, 2015, 9:48 am

It works wherever you have skin which is usually the entire body?

Moeseph - November 13, 2015, 9:55 am

(Nov 13, 2015 10:48 AM)FRANKIE Wrote: [\[CITE\]](#) It works wherever you have skin which is usually the entire body?
thornz probably has acne on his dick ahahahahahahaha

FRANKIE - November 13, 2015, 9:56 am

I mean unless we have teh nudes we will never know

GoofyGoober - November 13, 2015, 2:52 pm

I tried with warm water but my skin was still glossy and very rubbery kind of

FRANKIE - November 13, 2015, 2:53 pm

Its supposed to feel that way, just keep at it mate. Thank me later

Xtaci - November 13, 2015, 2:56 pm

Trying this out thanks op.

FRANKIE - November 13, 2015, 10:43 pm

This works like a charm, anyone working at GNC might be able to tell you.

SIM-1676753 - November 15, 2015, 11:57 am

FRANKIE - November 15, 2015, 12:00 pm

FUCK TRVP IM DONE
ITS REAL NIGGA HOURS WHO UP CLICCCCC LIKE

Drixed - November 15, 2015, 12:05 pm

Rubbing alcohol works too, just don't use it all the time or will dry out your face.

FRANKIE - November 15, 2015, 12:07 pm

Rubbing alcohol has been known to just dry out people's faces and cause chapped lips / skin.

Bus of Children - November 16, 2015, 6:48 am

I had a dermatologist recommend this to me once. But it wasn't to get rid of pimples, just the redness from scarring that they create.

I have cystic acne so thats why he recommended it.

Malwhere? - November 16, 2015, 6:52 am

I've heard this works too, never used it myself though.

us3rn4m3 - November 16, 2015, 6:59 am

Wanna get rid of acne?

Ask your doc about Isotretinoinum.

Thank me later.

FRANKIE - November 16, 2015, 7:05 am

Dont take anything prescribed lmao

us3rn4m3 - November 16, 2015, 7:09 am

Well mr funny Frankie, I don't know you, I saw your few posts and I see that you are a sarcasm_loving_dude, but still, I have also seen a lot of desperated people here that are really trying to get rid of their Acne, so I wanted to help.

Of course, f*** the doc! You can do it in another way, just buy vit. A. and take it, 10xmore than you need it every day for 4 months, lmao.

But taking it does destroy your liver, that's why better contact your doctor and check your blood at least twice monthly

FRANKIE - November 16, 2015, 7:12 am

Anyone that has done this has always had a positive results. It takes about three weeks to a month to start seeing results. I honestly don't know what your last post is talking about at all

us3rn4m3 - November 16, 2015, 7:17 am

You said "Dont take anything prescribed" -> I said that I see you like sarcasm and shit, and I am not sure if you are sarcastic at this point -> so I said that you don't have go to the doctor, just buy Vitamine A (Isotretinoinum is vitamine A), and take 10000µg of Vitamine A daily, instead of 1000µg ("...take 10 x more..") for 4 months (that's the length of healing) -> but taking so much Vitamine A destroys the liver -> so don't do it unless you contact your doctor

Understandable? :-D

FRANKIE - November 16, 2015, 9:49 am

Hopefully some of the users that have already tried this will post here.

SIM-1676753 - November 16, 2015, 11:16 am

I tried it with fish oil anyway.. No dice. I'll keep updating this post with my results.

Fish - November 16, 2015, 11:29 am

I might try this. If it makes it worse... lol

FRANKIE - November 16, 2015, 4:24 pm

Trvp its not going to do anything mate

Yous - November 16, 2015, 5:22 pm

(Nov 16, 2015 10:49 AM)FRANKIE Wrote: [\[CITE\]](#) Hopefully some of the users that have already tried this will post here.

Been doing it twice daily for the past 4 days. Not sure if I am seeing anything yet, maybe some slight improvement ?

I plan to stick with it for 3-4 weeks.

FRANKIE - November 16, 2015, 5:29 pm

Awesome let me know the progress mate!

Mr. Powell - November 16, 2015, 5:42 pm

Fake. You guys want to know the real way?

1. Get insurance
2. Go get accutane
3. Looky looky face clear

SIM-1676753 - November 16, 2015, 6:09 pm

(Nov 16, 2015 06:42 PM)Mr. Powell Wrote: [\[CITE\]](#) Fake. You guys want to know the real way?

1. Get insurance
 2. Go get accutane
 3. Looky looky face clear
- shut your whore mouth before I fuck up your face kid

FRANKIE - November 16, 2015, 8:10 pm

People trying to derail this with myths. THis works.

Maximum - November 16, 2015, 9:23 pm

(Nov 13, 2015 10:34 AM)Moeseph Wrote: [\[CITE\]](#) some1 please link thornz this thread
You're such a savage bro.

Mr. Powell - November 16, 2015, 11:43 pm

(Nov 16, 2015 07:09 PM)Mr. Trvp Wrote: [\[CITE\]](#) shut your whore mouth before I fuck up your face kid
Are you..

- A. Mad?
- B. Confused?
- C. Angry?
- D. All of the above?

FRANKIE - November 17, 2015, 12:00 am

(Nov 16, 2015 10:23 PM)Maximum Wrote: [\[CITE\]](#) You're such a savage bro.
It was the most savage response I have ever read

FRANKIE - November 17, 2015, 7:05 am

I can also vouch for toothpaste.

Enzio - November 17, 2015, 9:29 am

Yeah, this does work. But Accutane is really the only way if your acne is bad as fuck.

FRANKIE - November 17, 2015, 9:50 am

I mean if you are dying from acne then yes

PurpleFlurp - November 17, 2015, 10:00 pm

I don't really get face acne, but you think this would work if I put it on my chest and shoulders?

FRANKIE - November 17, 2015, 10:43 pm

More than likely, this works on the skin in general. Not just the face.

SZPZ - November 19, 2015, 12:49 pm

Nothing like this worked for me. I tried everything i could and nothing worked. Started taking Roaccutane and now they are going.

FRANKIE - November 19, 2015, 12:53 pm

This takes time, everyone ones an overnight fix. This requires weekly / monthly usage.

GoofyGoober - December 6, 2015, 12:00 pm

I vouch for this method, it's been about two weeks and it's start to clear up severely. Like I will send before and after pic maybe fam idk get doxed but this has stated to work finally, it takes a little bit. No need for dermatologist or paying for a method.

FRANKIE - December 6, 2015, 12:35 pm

It does take a while but it definitely works better than anything I've ever seen

anonymous4 - December 29, 2015, 9:00 pm

This actually works. Thank you OP. I have mild acne and I have been using this for little more than a week now. What I do is apply 2 gel caps all over my face. I'm seeing great results. This needs to be put out there!!!! I'm lucky to have stumbled upon this.

FRANKIE - December 29, 2015, 9:34 pm

no problem mate, good luck with it

KingOfSleeping - December 30, 2015, 2:36 am

(Dec 29, 2015 10:34 PM)FRANKIE Wrote: [\[CITE\]](#) no problem mate, good luck with itwhat kind of toothpaste?

?MIN?M - December 30, 2015, 2:40 am

I use to do that, im pretty sure it was E or fish oil. I don't have acne if I see a pimple I just tear it off
But I used it for a scar on my lip. I don't think it helped.

FRANKIE - December 30, 2015, 6:11 am

A lot of people have told me this has worked for them

Snapco - December 30, 2015, 8:19 pm

Just over whatever you want to get rid of

maw13x3t - December 31, 2015, 7:35 pm

i dont have acne but its good to know, ty :)

Meterpreter - December 31, 2015, 7:44 pm

Step 1: Have hot shower

Step 2: Dry face

Step 3: Put after shave on acne

Step 4: Splash cold water on face until face is cold to the touch

Step 5: Quickly dry face (Dont warm face up with towel)

Step 6: Apply sensitive skin moisturizer

Step 7: Go to sleep

Repeat.

Lacuna - January 1, 2016, 6:27 am

I have bought some tablets because I have had a bad breakout and hopefully it will clear most of it up before school starts

Silverware - January 1, 2016, 3:41 pm

I use a clearsonic brush I got for Christmas and it has worked wonders on my face. I would recommend it to anyone who wants to clear acne.

Tando - January 2, 2016, 4:51 am

In theory this should work, my girlfriend's mother uses this method and claims that it works very well. Vitamin E does in fact speed up the skins recycling process where dead skin cells are flaked off and new ones form. Definitely going to give this one a go, also here's my number 1 tip for fighting acne that I've learned after having it for 5 years.. drink a CRAZY amount of water. I reduced my acne by as much as 40% in 5 days by drinking a gallon of water a day.

FRANKIE - January 2, 2016, 8:40 am

Glad more and more people are knowing about this

Thompiss - January 2, 2016, 2:20 pm

I bought the gels + some of the oil from GNC, gonna start applying it tonight. I'll post if it works, pretty sure it will because I've heard of this before. Thanks OP you're cute as always

Loser Douche Bag #35 - January 3, 2016, 7:13 pm

Or have good genetics like me and rarely get acne? No on a serious note everyone in my family has had SEVERE acne issues besides me. I also sweated a lot from football, wrestling etc. I never used face wash or anything. However I did sometimes get some bad breakouts which really stopped. Otherwise I rarely had acne.

Now these are some things I did. 1. I dranked A LOT of water sometimes up to a gallon a day. 2. I exercised / workout 3. I rarely drink'ed soda

However, I always had severe back acne. Weird, I never got it on my face only on my upper back.

FRANKIE - January 3, 2016, 7:17 pm

Or just do this for a few weeks at a time.

pyrexvision - January 6, 2016, 11:52 am

Currently on doxycycline. Going to be doing this method on top of my prescription. Have a good amount of acne scars, hopefully it helps. Will update if I see results in the next 3-4 weeks.

FRANKIE - January 6, 2016, 3:30 pm

This works wonders I promise

Zhuuuuu - January 6, 2016, 3:55 pm

I have a different brand of Vitamin E (Jamieson) is it still the same type of Vitamin E?

FRANKIE - January 6, 2016, 7:22 pm

I mean Vitamin E is vitamin E
just get the gel form, and apply to skin where need be

?Enlightened - January 6, 2016, 8:25 pm

(Nov 2, 2015 09:42 AM)Epilepsy Wrote: [\[CITE\]](#) So you guarantee that I won't wake up with a fucked up face tomorrow?

fix ur sig no0b

I doubt Vitamin E will fuck up your face lol

Inserenity - January 6, 2016, 9:25 pm

Got [this](#) Vitamin E gel but it is in a small bottle. It is still gel though and is pure oil, just applied some then. Thanks for the info, will see how this goes!

Thanks :)

FRANKIE - January 8, 2016, 6:30 am

Bumping this so that hopefully more people see it

Nikolas - January 8, 2016, 6:55 am

(Jan 3, 2016 08:13 PM)Putrid Wrote: [\[CITE\]](#) Or have good genetics like me and rarely get acne? No on a serious note everyone in my family has had SEVERE acne issues besides me. I also sweated a lot from football, wrestling etc. I never used face wash or anything. However I did sometimes get some bad breakouts which really stopped. Otherwise I rarely had acne.

Now these are some things I did. 1. I drank A LOT of water sometimes up to a gallon a day. 2. I exercised / workout 3. I rarely drink'ed soda

However, I always had severe back acne. Weird, I never got it on my face only on my upper back. You should shower after you work out, that could be your main cause of back acne.

420 - January 8, 2016, 7:05 am

I'm using some kind of cream, looks like shaving cream and it's meh. Might try this if I get really bad acne again. Thanks for the tip.

Conso22 - January 8, 2016, 5:25 pm

Sound interesting. Must it give it a go. Bad acse on my chest ;(

FRANKIE - January 9, 2016, 11:01 am

Posting again so that others may see.

Idea Thief - January 9, 2016, 12:09 pm

I'd just like to add that using aloe vera on your skin if you're constantly struggling with existing blemishes is really helpful too. I don't believe it combats the root cause of a persons acne, but it assists with existing blemishes.

moeenyz - January 9, 2016, 4:20 pm

Sound interesting well be back soon

RYLTY - January 9, 2016, 4:22 pm

(Nov 2, 2015 09:46 AM)FRANKIE Wrote: [\[CITE\]](#) A long ass time, year or so, provided you arent eating out mens ass every 10 minutes.
Well fuck count me out.

FRANKIE - January 12, 2016, 10:59 am

This is still working for me to be honest.

Isidar - January 12, 2016, 3:33 pm

There's vitamin E oil you can purchase and use that too.

Viagra - January 12, 2016, 3:37 pm

Do you wash your face after or do you let the skin absorb the vitamin?

Freddy Kru?ger - January 12, 2016, 3:49 pm

I might try this, hard to trust a random person from HF though tbh. Maybe I'm just being paranoid.

krome - January 13, 2016, 2:18 am

I heard that Vicks Vapor Rub gets rid of acne. Please don't try it before watching the directions. You can find it on Youtube "The Uses Of Vicks Vapor Rub"

FRANKIE - January 14, 2016, 3:20 pm

My face is 100% clear now because of this

Katie Stevens - January 15, 2016, 5:23 am

Bumping this up. Tried this and now my skin is radiant and acne-free!

FRANKIE - January 15, 2016, 9:37 am

So glad this worked. Thanks for bumping

noEint - January 15, 2016, 11:09 am

Where can i get this thing ? can i order on internet because i doubt we have it in my country.

FRANKIE - January 15, 2016, 11:26 am

Yes just search for 'vitamin E gel caps' online and buy a little bit of them

aaronJM - January 16, 2016, 7:07 pm

It works very well, on the first day my skin felt better. frank god

thedaklee - January 17, 2016, 3:00 am

I'll try this , had acne when i was little now i have just a few pimples .. where were you all my life man ?

HitSweMan - January 17, 2016, 3:05 am

Okay. Im going to the store and see if I can find that Vitamin E. Wish me good luck :!

Katie Stevens - January 17, 2016, 3:06 am

Can we use Codliver oil caps?

KoKopUFF - January 17, 2016, 3:42 pm

good shit my nigga so what do i do just wash my face then put this on and moisturizer or what

FRANKIE - *January 17, 2016, 3:43 pm*

wash / put on / thank me later mate